

# Registration for All- Military Wilderness Challenge begins

By COMUSPACFLT PAO  
Navy Wire Service

Registration has begun for this year's all-military Wilderness Challenge to be held Oct. 4-7 in Fayetteville, W.Va.

The Wilderness Challenge is a series of outdoor adventure races designed to test the endurance, strength and speed of the competitors over a two-day period in the mountains of West Virginia, said Michael Bond, event coordinator.

The event, hosted by the morale, welfare and recreation department at Naval Station Norfolk, Va., is open to all military members.

This is the second year for the event. "With the popularity and growth in outdoor recreation by the military sector, MWR decided to design a program to promote outdoor activity along with physical readiness and competition," Bond said.

"With the success of last year's event, I think we have given our Armed Forces a program they want and are excited about participating in."

Before last year's event took place, teams were asking how to register for this year's challenge, Bond said. This year's event will accept 80 teams, up from 40 last year.

**"We were extremely excited about last year's challenge and glad this event has become a popular event," Bond said. "It won't be an easy competition and only the strong will survive. The winning team will be the best of the best in outdoor recreation and physical endurance."**

Michael Bond,  
Wilderness Challenge  
event coordinator

The competition consists of a 12-mile mountain hike, a 40-mile mountain bike relay, a 13-mile class 5+ whitewater raft race, a 10K run, a half-mile swim with floatation device, and a two-mile kayak-type race.

Each team must have four active-duty military people and at least one must be a female.

There is a limit of 80 teams for this competition and not more than two teams can come from any one installation, he said.

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Nineteen Navy teams competed in last year's race. Helicopter Combat Support Squadron 2 of Norfolk, Va., took 3rd place overall.

For registration information, call Michael Bond at DSN 564-4814/4033 or commercial (757) 444-4814/4033.

More information about the 2001 Military Wilderness Challenge can be found at [www.wildernesschallenge2001.com](http://www.wildernesschallenge2001.com).

## 'Facing the fears'

By Lt. Brigette Goines  
Abraham Lincoln Chaplain

President Franklin D. Roosevelt, in his first inaugural address, echoed these words, "Let me assert my firm belief that the only thing we have to fear is fear itself." All of us have or have experienced fear of some sort. Where does fear come from? Fear comes from situational events that negatively impacts our life.

The great late theologian Howard Thurman suggested that we not allow the events of our life to make us a prisoner. Instead, we must embrace the idea that our lives offer so much more than our immediate experiences discloses to us. The Apostle Paul wrote, "For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline." (2 Timothy 1:7) Today, acknowledge your fears and proceed to overcome them. Remember the worst enemy to fight is the enemy living within.

## Spotlight Sailor

**Hometown:** Longview, Tx.  
**Reason for joining Navy:**

"Education and to see the world."

**Time on board:** 2 yrs.

**Enjoys most about job:**

"Helping people."

**Hobbies:** "Working out and having fun."

**Looking forward to:** "Getting my EAOS."

**Outlook:** "Do what you can, the best you can."



**PNSN Wm. Boudreaux  
Admin Dept.**